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Thursday, September 13, 2012



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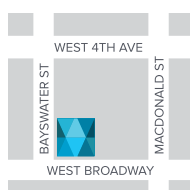
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Stripes are stars in New York City

Fashion Week showcases spring's sophisticated style PAGE 28

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**14 NEW RECRUITS
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Port Mann toll slashed in half

\$3.3-billion bridge.
Along with discounted rate, province reveals incentives for motorists to register early



PHYLICIA TORREVILLAS
phylcia.torrevillas@metronews.ca

Tolls for the new Port Mann Bridge will be slashed to \$1.50 — down from the originally planned \$3 rate — for the first three months when it opens in December.

Transportation Minister Mary Polak announced the discounted introductory rate Wednesday and revealed additional incentives for Metro Vancouver motorists.

Drivers who register for a free windshield decal and tolling account by Feb. 28, 2013, will be able to lock in the rate for the first year. And those who sign up before Nov. 30 will get a \$30 credit, equivalent to 20 free trips.

"I think we've developed a tolling framework that ensures affordability for today's users, while ensuring future genera-

tions aren't burdened with debt and (have) a commute that can save you as much as an hour a day," Polak said.

The \$1.50 toll will apply to cars, pickup trucks and SUVs. Other tolls range from \$4.50 for cars pulling trailers and light trucks, \$9 for semis and tractor-trailers, and \$1 for motorcycles.

Registered HOV users will also get an additional 25 per

cent discount during peak hours, which slashes it to \$1.13 per trip.

The tolls for the \$3.3-billion bridge that connects Coquitlam and Surrey will begin in December when eight of the bridge's 10 lanes open.

Transportation Investment Corp. CEO Mike Proudfoot says they hope to register 80 to 85 per cent of drivers.

Drivers who don't register by Feb. 28, or choose the pay-as-you-go option, will pay \$3 per trip beginning March 1.

But NDP transportation critic Harry Bains called the move a "gimmick" to win votes as the May election nears.

Follow Phylcia Torrevillas on Twitter @ptorrevillas



Transportation Minister Mary Polak stands beside a car windshield after demonstrating the right way to apply a decal that will be used for tolling on the new Port Mann Bridge. PHYLICIA TORREVILLAS/METRO

In search of the Canadian identity

Following the Bank of Canada banknote controversy, one woman launched a website to get people talking about what it means to be Canadian PAGE 3

Eat your vegetables

This Mediterranean-inspired pasta dish makes it easy PAGE 35



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News worth sharing.



What constitutes a Canadian?

Identity. Website opens a nationwide conversation on what it means to be a Canuck

When the Bank of Canada removed the image of a woman scientist billed as Asian-looking from its new \$100 banknotes, Rachel Décoste took to the Internet hoping to start a cross-country dialogue that would tackle some burning questions:

Is there a such thing as a Canadian? Can a person be Asian, African, Somali or Indian and Canadian at the same time? What does it mean when someone identifies him or herself as Canadian?

The image of the woman scientist peering into a microscope next to a bottle of insulin was meant to celebrate Canada's medical innovation. But focus groups criticized the choice of an Asian-looking person for the largest denomination of the new plastic polymer bills.

"Some believe that it presents a stereotype of Asians excelling in technology and/or the sciences. Others feel that an Asian should not be the only ethnicity represented on the banknotes. Other ethnicities

should also be shown," says a 2009 report commissioned by the bank from the Strategic Counsel, obtained by The Canadian Press under the Access to Information Act.

The bank immediately had the image redrawn with what a spokesman called a "neutral ethnicity." Now stripped of her "Asian" features, the woman scientist appears to be white. Across the country, minority groups voiced outrage and called the bank's decision racist.

"One of the things that the national narrative of Canada negates most of the time are the struggles, the daily struggles that exist for people who are not 'neutrally' ethnic," Décoste said. "I decided to start a forum where people share their experiences of living outside the umbrella of the neutral ethnicity."

In late August she launched a website called NeutralEthnicity.com, calling on Canadians to share their stories about belonging and identity.

"This is a chance for people to speak their truth and in the long term, I hope the stories could be something used in schools in classrooms to open people's eyes."

Stories have started to trickle into Décoste's inbox — poems, stories and essays from



Sherrie Mejilla, centre left, born in Guam and raised in Seattle, Wash., looks on before taking the oath of citizenship during a special Canada Day citizenship ceremony for 60 people in Vancouver on July 1. DARRYL DYCK/THE CANADIAN PRESS

Nova Scotia, Montreal, Ottawa, Toronto and Vancouver. Stories from Canadians like Abubakar Kasim, who wrote about his experience dealing with a frustrated traveller at Toronto's Pearson International Airport as a customer-service agent. The woman angrily said to him: "Can I speak to someone from this country, please?"

"I submitted my story to show my long-term struggle in search for my identity. While I discovered my identity and got my citizenship, I am still

viewed as an immigrant. When I tell people I am a Canadian, I am asked, 'Where are you really, really from?'" Kasim said.

Anthony Morgan, a 26-year-old articling student in Ottawa, plans to submit his own essay to the website soon.

"The Bank of Canada's actions suggest that those who are not white can't fully be Canadian. Given the dynamics of our society, given the contributions and presence of visible minorities in this country, that's a huge problem," said

Morgan, who identifies himself as black-Canadian.

"Canadians should understand that the N-word doesn't have to be used and a cross doesn't have to be burned for something to constitute as racist. It's become entrenched in the minds of Canadians that unless there are flagrant expressions against minorities, then there is no overt racism. We need to work together to get to that point of recognition."

SUZANNE MA/FOR METRO

Liberals inch up, but NDP still ahead in polls



NDP Leader Adrian Dix continues to lead public-opinion polls in B.C.

ARIANA KAKNEVICIUS/METRO FILE

The B.C. Liberals are gaining some ground against the NDP, taking three points away from the New Democrats since August, but Adrian Dix's party is still leading Christy Clark's by a wide margin, according to the latest poll.

An Angus Reid survey of 800 British Columbians conducted on Monday and Tuesday found 46 per cent of respondents would support the NDP if an election were held tomorrow. The Liberals inched up to 25 per cent support from 22 last month.

The Conservatives maintained third place with 19 per cent support, while the Greens fell one point to eight per cent.

"There are likely to be variations like this every month between now and the election, so it's hard to tell whether this is a direction of any sort," said SFU political scientist Marjorie Griffin Cohen.

"I would suspect not, particularly because there is something unusual that is happening: The approval rating for Dix is up by one per-

centage point, but the party altogether is down by three per cent, so I don't know what that means. It's hard to tell."

Cohen said the three per cent shift in support from the NDP to Liberals might have something to do with recent changes to the premier's cabinet or her stance on the Northern Gateway pipeline, which was unveiled at the end of July.

The poll has a margin of error of plus or minus 3.5 per cent, 19 times out of 20.

KATE WEBB/METRO

1 NEWS

Mobile news



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Cancer fundraiser. Buyer sought for bra painting

Wanted: One generous donor with a penchant for healthy breasts, an empty wall and the desire to own one helluva conversation starter.

Vancouver artist Brent Ray Fraser, whose mother is a breast-cancer survivor, started asking women he knew to donate their used bras for a unique work of art to help him raise money for the Canadian Breast Cancer Foundation about a month ago.

He was hoping to collect 500, a number he thought unattainable, but after getting a bit of media attention he ended up with way more than he bargained for. One by one, about three times that many began to fill his Langley studio. Most of the lingerie is now stapled to two seven-by-seven-foot wooden boards, covered in a coat of white and pink paint.

"I always go with my gut instinct," Fraser said, explaining that his initial plan was to paint images of two women onto the bra-canvases, but now he likes the look of them on their own.

"I thought it was more powerful to have just the bras as themselves, as art, just to signify all the support I've gotten from around the world. It's crazy."

While adding some finishing touches to the work outside



Vancouver artist Brent Ray Fraser works on his bra painting outside the Vancouver Art Gallery on Wednesday. KATE WEBB/METRO

the Vancouver Art Gallery on Wednesday to try to catch the eye of potential buyers, he mentioned some of his friends have started giving him nicknames.

"I've been called Brent the Bra-barian, Brent the Branimal," he laughed, as amused passers-by stopped to snap photos of him.

The B.C. branch of the Canadian Breast Cancer Foundation is trying to help Fraser find a donor to buy the work in time for October, which is Breast Cancer Awareness Month. The minimum bid is \$1,500 — the cost of the materials — but every penny of the final sale will go to the foundation.

KATE WEBB/METRO

StatsCan. Tuition fees up 5% across Canada

Canadian university students paid five per cent more in tuition fees this year than they did last year.

On average, undergrads paid \$5,581 compared with \$5,313 last school year, according to figures released by Statistics Canada on Wednesday.

Tuition fees are on the rise across the country with the exception of one province: In Newfoundland and Labrador, tuition fees for both undergraduate and graduate students have been frozen since 2003.

Tuition increased by two per cent in B.C., a rate that Zachary Crispin, spokesman for the Canadian Federation of Students B.C., calls "frustrating."

"Both the federal and provincial governments aren't taking any action to make education more affordable," he said.

While StatsCan reported a 10.1 per cent rise in tuition in Quebec, it appears that number will soon be reversed after protests and a change in provincial leadership.

"Compared to what is going on in Quebec, we've got it far worse," Crispin said. "Here in B.C., we've seen a rise in tuition every single year for a decade."

Undergrads in Newfoundland and Labrador have the lowest average fees (\$2,649), while students in Ontario paid the highest (\$7,180).

SUZANNE MA/FOR METRO



Peter Piche, one of 51 residents at Dunbar Apartments, a supportive-housing facility in the west side of Vancouver, says he's thankful for having a place to call his own. PHYLCIA TORREVILLAS/METRO

Ex-DTES resident finds comfort in new home

Supportive housing. Dunbar facility officially opens doors



PHYLCIA TORREVILLAS
phylcia.torrevillas@metronews.ca

Peter Piche lived on and off the streets for 26 years, but now he's got a place to call home.

The 56-year-old is one of 51 residents at Dunbar Apartments, the fifth new supportive-housing development that

officially opened Wednesday under a partnership between the province and the City of Vancouver.

Personal problems drove Piche to a world of drugs in the Downtown Eastside, but he eventually realized that he needed to get his act together.

"It was 14 or 15 years ago when I started realizing how much damage it was causing me and my family, even though I wasn't living with them," he said.

Piche left the Downtown Eastside to change his lifestyle

and never went back as he attempted to kick his drug dependency.

He has been off drugs for three years and alcohol for 15.

"There are no words that can describe how thankful we are living at Dunbar," he said. "All we can do is show it by our process of moving on further in life and developing better."

Coast Mental Health executive director Darrel Burnham says when planning for the project started in 2008, community members were concerned about having the facil-

ity in the Dunbar area.

"They were worried that this will be a centre for social disruption, that drug dealers will come into the neighbourhood and our tenants would cause trouble," he said.

"We opened last November and the building fits well into the community fabric, and you can see that the tenants have made transformational changes in their lives."

Follow Phylcia Torrevillas on Twitter @ptorrevillas



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Pipeline opposition

Sit-in planned for Victoria

Opponents of the proposed Northern Gateway pipeline are organizing what they're calling the largest act of peaceful civil disobedience on the oilsands issue in Canada.

Greenpeace Canada says a mass sit-in planned

for the front lawn of the B.C. legislature in Victoria on Oct. 22 is backed by more than 80 leaders from business, First Nations, environmental, labour and academic communities across Canada.

The group says those supporters include environmentalist David Suzuki and former Canadian UN ambassador Stephen Lewis.
THE CANADIAN PRESS

Peachland

Fire evacuation alert lifted

An evacuation alert has now been lifted for all Peachland residents forced to flee after a forest fire destroyed four homes. The remaining 258 people were allowed to return Wednesday afternoon.

THE CANADIAN PRESS

First IIO case

Police shooting victim identified

The man shot dead in a confrontation with police in Prince George has been identified. The coroner's service says 40-year-old Gregory Matters was killed in a standoff with Mounties on Monday.

THE CANADIAN PRESS

Distillers are boiling mad at liquor rules

New proposals.

NDP wants to even out playing field, though some distillers think recommendations don't go far enough

SUZANNE MA

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The New Democrats are proposing that B.C.'s artisan distillers be given the same treatment as the province's winemakers.

Distillers have complained for years that winemakers have benefitted from exemptions and lower rates on direct sales. Wineries can sell directly to bars and restaurants while distillers cannot.

Now, the NDP is proposing to bring down the Liquor Distribution Branch markup from 170 per cent to 129 per cent and to allow direct sales to restaurants and licensees.

Quoted

"It's like giving two kids in the family special privileges and the third kid doesn't get a thing."

Tyler Dyck, spokesman, Artisan Distillers Guild

But a Vancouver Island distillery owner says the NDP's proposals fall short of wholly supporting B.C.'s burgeoning artisanal distillery industry.

"We'll take it but it's certainly not a complete first step," said Patrick Evans, owner of Shelter Point Distillers. In particular, Evans takes issue with the NDP's recommendations that new measures only be extended to distilleries producing less than 50,000 litres of pure alcohol every year.

"We sow, grow and distil our own grain," said Evans, who produces malt barley on 200 acres of land midway between the communities of



Shelter Point Distillery, located on Vancouver Island, distills its whisky in traditional copper-pot stills. CONTRIBUTED

Courtenay and Campbell River. "They don't limit the amount of grapes or fruit other farmers grow in the wine industry, but they'd like to limit my volume of production. It's a quota for poverty."

Tyler Dyck, a spokesman for the Artisan Distillers Guild, agrees that the rules have to change for the artisanal distillery industry to flourish.

"It's like giving two kids in the family special privileges

and the third kid doesn't get a thing," Dyck said. "The biggest thing we really hope for is the realigning of the three members of liquor production. We want to be on the same footing as the wineries and the micro-breweries."

Rich Coleman, the province's minister of energy, mines and natural gas, told Metro that new regulations will be announced in six to eight weeks time.

Prime time. CBC television reintroduces national news program based in Vancouver

After a five-year hiatus the CBC is reintroducing a prime-time national news program broadcast live from Vancouver.

CBC Vancouver news director Wayne Williams says CBC News Now with host Ian Hanomansing has been in planning for a long time, in spite of the federal government's 10 per cent cut to the public broadcaster's budget in May.

While jobs were slashed in other parts of the country, the new show marks an expansion of programming on the West Coast. It is set to air from 5 to 6, 7 to 8, and 9 to 10 p.m. each night Monday to Friday.

"Canada Now, the show I used to do, and Global National are conventional news-network newscasts, like CTV National News or The National on CBC, with intros and reporters and that sort of thing," said Hanomansing during a meet-and-greet at the CBC's downtown studios Wednesday.

"Our show is a lot different. It is a show that will run some edited news items, but not very many. We're primarily a show that does live hits, breaking news, and we're on for three one-hour periods."

Vancouver got its first national news program, CBC's Canada Now, in 2000. Global followed suit a year later, introducing Canada Tonight,



CBC News Now with Ian Hanomansing premieres Monday at 5 p.m. CONTRIBUTED

hosted in Vancouver, which later became Global National.

Canada Now was cancelled in 2007, and ever since Global has had the corner on the advantage of airing national news from Canada's western-most time zone.

Hanomansing says CBC News Now will be the first and only national program based in Vancouver that is always live, giving it a distinct advantage over other networks that switch to tape in the late evening.

"Because of the time we're on, it's already early morning in Asia; in Europe it's sort of dawn," he said. "So there are going to be stories developing at that hour that usually other Canadian news programs aren't really in a position to be on top of because of the time zone." **KATE WEBB/METRO**

Quoted

"Our show is a lot different.... We're primarily a show that does live hits, breaking news, and we're on for three one-hour periods."

Ian Hanomansing, host, CBC News Now

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They fought the law, and will they win?

Pussy Riot. Jail term for punk rockers may soon end, as case comes up for appeal and Russia's prime minister calls for their release

Russian Prime Minister Dmitry Medvedev on Wednesday called for three members of the punk

band Pussy Riot to be freed, a sign that the women's release could be imminent since their case comes up for appeal on Oct. 1.

The band members were arrested for performing a raucous prayer inside Moscow's main cathedral, asking Virgin Mary to save Russia from Vladimir Putin as he headed into the election that handed him a third term as president. They had already spent more than five months in jail when

Quoted

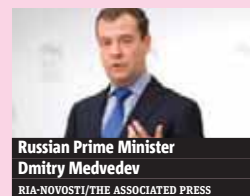
"(This is) yet another blow to the court system and citizens' trust in it."

Former finance minister Alexei Kudrin, who remains close to Putin. The court verdict drew strong criticism even from some Kremlin loyalists.

they were convicted in August of "hooliganism driven by religious hatred" and sentenced to two years in prison.

By being the one to call for the women's release, Medvedev, who has cultivated the image of a more liberal leader, could allow Putin to put the uncomfortable case behind him while not appearing weak.

The outward appearance of the women, who perform in bright-coloured miniskirts and balaclavas, and the "hysteria" accompanying them made him sick, Medvedev said with disdain. But he said keeping them in prison any longer would be



Russian Prime Minister
Dmitry Medvedev
RIA-NOVOSTI/THE ASSOCIATED PRESS

"unproductive."

"In my view, a suspended sentence would be sufficient, taking into account the time they have already spent in cus-

tody," he said during a televised meeting with members of his United Russia party in the city of Penza.

The band members' imprisonment has come to symbolize Putin's intensifying crackdown on dissent after his return to the presidency. Their cause has been taken up by celebrities and musicians, including Madonna and Paul McCartney, and protests have been held around the world.

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New Delhi

Plastic-bag ban to take effect

The government of India's capital is hoping that a strict ban on plastic bags will help the environment.

An engineer with Delhi's government says that starting next week, the manufacture and sale of all types of plastic sheets and bags will be banned in the city, citing their environmental dangers.

B.M.S Reddy said Wednesday that the ban

will include shopping bags, garbage bags and all kinds of plastic film and storage packets. Only plastic bags required for medical waste will be exempt.

In 2009 Delhi banned the use of plastic shopping bags, but authorities have had little success enforcing the ban.

Plastic bags also pose a risk to the thousands of cows that roam the city and end up swallowing them while foraging for food in Delhi's open garbage dumps.

THE ASSOCIATED PRESS



Royal rundown

Prince William looks at a copy of the 1953 newspaper issue of the coronation of his grandmother, Queen Elizabeth, during his visit to Strathmore Green in Singapore on Wednesday.

NICOLAS ASFOURI/THE ASSOCIATED PRESS

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U.S. sends marines to Libya after ambassador, staff killed by mob

Tripoli. Storming of consulate on 9-11 anniversary linked to anti-Muslim video, while U.S. investigates whether this was a terrorist attack

The U.S. dispatched an elite group of marines to Tripoli on Wednesday following a mob attack that killed the U.S. ambassador to Libya and three other Americans. U.S. officials are investigating whether the violence was a backlash to an anti-Islamic video with ties to Coptic Christians, or a plot to coincide with the anniversary of the 9-11 attacks.

Tuesday's stunning attack on the American Consulate in Benghazi poses a daunting task for U.S. and Libyan investigators: searching for the culprits in a city rife with heavy weapons, multiple militias, armed Islamist groups and little police control.

The one-story villa that serves as the consulate was a burned-out wreck after the crowd armed with machine-guns and rocket-propelled grenades rampaged through it. Slogans of "God is great" and "Muhammad is God's Prophet" were scrawled across its scorched walls. Libyan civilians strolled freely in charred rooms with furniture and papers strewn everywhere.

U.S. President Barack Obama vowed in a Rose Garden address that the U.S. would "work with the Libyan government to bring to justice" those who killed Ambassador Chris



Egyptian protesters burn a U.S. flag and chant anti-U.S. slogans during a demonstration in front of the U.S. Embassy in Cairo on Wednesday as part of widespread anger across the Muslim world about a film ridiculing Islam's Prophet Muhammad. NASSER NASSER/THE ASSOCIATED PRESS

Stevens, information manager Sean Smith and two other Americans who were not identified. Three other Americans were wounded.

Stevens was the first U.S. ambassador killed in the line of duty in 30 years.

"We reject all efforts to denigrate the religious beliefs of others, but there is absolutely no justification for this type of senseless violence. None," said Obama, who also ordered increased security at U.S. diplomatic posts abroad.

Republican Mitt Romney accused the Obama administration of showing weakness

Quoted



"Canada strongly condemns and deeply regrets yesterday's senseless attack on the U.S. consulate in Benghazi, Libya.... We also urge Libyan officials to ensure the extremists responsible are brought to swift justice."

Canadian Foreign Affairs Minister John Baird, who said Canada is reviewing the security situation at its embassy in Tripoli in the wake of the killing of American diplomats in Libya

in the consulate killings, but the president retorted that his rival "seems to have a tendency to shoot first and aim later." Some in the Republican

Party called Romney's remarks hasty.

The mob attack on Tuesday — the 11th anniversary of the Sept. 11, terrorist strike in the

U.S. — was initially presumed to have been a spontaneous act triggered by outrage over a movie called "Innocence of Muslims" that mocked Islam's Prophet Muhammad that was produced in the U.S. and excerpted on YouTube. The amateurish video also drew protests in Cairo, where angry ultraconservatives climbed the U.S. Embassy's walls, tore down an American flag and replaced it with an Islamic banner.

But a U.S. counterterrorism official said the Benghazi violence was "too co-ordinated or professional" to be spontan-

Pseudonyms

Man confirms role in anti-Islam film amid mystery

The search for those behind the provocative, anti-Muslim film that triggered mobs in Egypt and Libya led Wednesday to a California Coptic Christian convicted of financial crimes who acknowledged his role in managing and providing logistics for the production.

Nakoula Basseley Nakoula, 55, told The Associated Press that he was the manager for the company that produced Innocence of Muslims, which mocked Muslims and was implicated in inflaming mobs in Egypt and Libya.

Nakoula denied he directed the film and said he knew the self-described filmmaker, Sam Bacile. But the cellphone number that AP contacted Tuesday to reach the filmmaker who identified himself as Sam Bacile traced to the same address near Los Angeles where AP found Nakoula. Federal court papers said Nakoula's aliases included Nicola Bacily, Erwin Salameh and others.

THE ASSOCIATED PRESS

eous. The official spoke on condition of anonymity because he was not authorized to discuss the incident publicly.

The FBI was sending evidence teams to Libya, a law enforcement official said.

Libya's new leadership — scrambling to preserve ties with Washington after U.S. help to overthrow former dictator Moammar Gadhafi — vowed to find those behind the attack. THE ASSOCIATED PRESS



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Suicide. No bid to smear soldier, hearing told

Military police focused on the drug and alcohol abuse that consumed a Canadian soldier who committed suicide, but it was not an attempt to smear him, a public inquiry was told Wednesday.

The issue of whether the military either contributed to Cpl. Stuart Langridge's death or failed to get him the necessary care was examined.

But it was set aside when it became clear the veteran of Bosnia and Afghanistan was not on a suicide watch.

Testimony from Warrant Officer Jon Bigelow, at the Ottawa inquiry struck at the

heart of allegations that the probe was biased and intended to exonerate the military.

Bigelow said investigators were trying to be thorough.

Langridge's parents told the Military Police Complaints Commission that investigators sifted through the sordid details of the 28-year-old's addictions to blame him for his own death.

Langridge killed himself in March 2008, 10 days after being released from a civilian hospital in Edmonton, where he was treated for drug and alcohol addiction.

THE CANADIAN PRESS

Stem cell discovery

Humans help gerbils hear

Deaf gerbils have been helped — by humans.

British researchers say they've restored the gerbils' ability to hear using implanted human embryonic stem cells.

And they call it a first step in potentially overcoming some causes of hearing loss in people.

THE CANADIAN PRESS

Feds commit \$11.4M

Mentally ill troops get boost

Ottawa is boosting funding for treatment of mentally ill military personnel and veterans.

Defence Minister Peter MacKay says his department will spend \$11.4 million to hire psychiatrists, psychologists, mental-health nurses and addictions counsellors.

THE CANADIAN PRESS

New rap for Tori's killer: She beat up fellow inmate



Terri-Lynne McClintic is escorted into court in handcuffs in Kitchener, Ont., on Wednesday. GEOFF ROBINS/THE CANADIAN PRESS

No remorse. In an intercepted jail letter, McClintic boasts of repeated kicks and 'stompin' on her face'

The woman serving a life sentence for the first-degree murder of Tori Stafford has added another conviction to her criminal record.

Terri-Lynne McClintic admits she beat up a fellow inmate — and she regrets not causing more severe injuries.

McClintic, 22, was facing a charge of assault causing bodily harm for what the

Quoted

"One would hope that somehow you can come to some kind of peace. I can't imagine your turmoil you must feel within yourself."

Judge Colin Westman, while sentencing McClintic

Crown called a "completely unprovoked" attack at Grand Valley Institution for Women, but instead pleaded guilty Wednesday to assault.

Crown attorney Julia Forward told court the victim, Aimee McIntyre, was no longer co-operating with the Crown.

McIntyre was serving a life sentence for first-degree murder in the death of her former lover, though a new trial was recently ordered.

Ontario Court Judge Colin Westman sentenced McClintic to six months on this assault, but noted it doesn't change her life sentence because sentences run concurrently in Canada.

McClintic pleaded guilty in 2010 to the first-degree murder of the eight-year-old girl from Woodstock, Ont.

Former boyfriend Michael Rafferty was convicted earlier this year of first-degree murder, sexual assault causing bodily harm and kidnapping.

Tori was raped and brutally beaten to death.

THE CANADIAN PRESS

Hospital alert

Patients face new colon tests

More than 600 patients who had colonoscopies at a Montreal-area hospital will have to submit to new exams.

Officials say a review shows exams conducted on 684 patients between 2009 and 2012 are incomplete. The examinations were carried out at the Lakeshore General Hospital by the same doctor. That doctor no longer works at the Lakeshore General. THE CANADIAN PRESS

Richard III riddle

Canuck may unveil a king

King Richard III's burial place has been a mystery for centuries — but a Canadian may help.

A British team has discovered bones that may belong to Richard, but won't be able to prove it without DNA proof.

That proof may come from Michael Ibsen, who was born in Ontario and now lives in London.

His family is said to share DNA with the notorious 15th-century monarch. Ibsen has given researchers a sample of his DNA.

THE CANADIAN PRESS

Penny pinching? Folk musician feels Canada's being nickel and dimed



Taking a penny, or an image of a penny, may end up costing a Nova Scotia musician. TIM FINLAN/TORSTAR NEWS SERVICE

A Nova Scotia folk musician whose penny-inspired album has raised the ire of the Royal Canadian Mint says the fuss has left him feeling sheepish.

Dave Gunning said Wednesday he was told by the mint that his soon-to-be released album infringes copyright because its artwork includes images of the ubiquitous one-cent piece.

Gunning — who describes himself as "a proud Canadian" — has told his story of being nickel and dimed by the mint to media outlets across North America.

"Part of me is a little bit embarrassed about it," Gunning said from Pictou, N.S. "Not embarrassed for myself, necessarily, but embarrassed for Canada a little bit."

The award-winning singer said his album, titled *No More Pennies*, is meant as a homage to the humble coin, which the mint plans to stop producing this fall.

He said the mint was "very kind" to waive licensing and administration fees for the first 2,000 albums produced, but his next batch of CDs will cost him \$1,200 — or 60 cents a pop.

Mint spokesperson Christine Aquino did not rule out waiving the fee altogether, but said the agency is trying to protect its rights.

"Similar to an author who's written a book or a musician who's produced a song, we're protecting our property," she said.

THE CANADIAN PRESS

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Match-fixing: Why no crackdown?

Time to act. A year has passed, but soccer bosses have done little, claiming they're waiting for FIFA to guide them

BEN RYCOFT
vancouver@metronews.ca

The Canadian Soccer League has done little since learning over a year ago that European match-fixers are in Canada actively seeking to manipulate games in the CSL.

The league, which has teams in Ontario and Quebec, and the Canadian Soccer Association (CSA) are waiting on FIFA for guidance on how to respond.

In the meantime, convicted, confessed match-fixers have been caught on tape talking about purchasing a local Canadian team.

In a documentary that aired on CBC's *The National* last night, CSL commissioner Vincent Ursini said the league is aware of the problem and is waiting on FIFA.

Since I brought CBC this story more than a year ago

More evidence

Even before the documentary had aired last night, three current CSL players had reached out to share what they know about match-fixing in the league.

- They each told similar tales of being approached with offers of bribes to fix games. Metro will continue to follow the story.
- If you have any information you would like to share with Metro on matchfixing in Canadian soccer, please contact letters@metronews.ca.

— with the help of their investigative team — the story has grown into one that has spanned three countries and two continents.

Importantly, it would include pages of German police wiretaps and court documents.

Those documents were flush with conversations between Ante Sapina, Marijo Cvrtak and Chris Budimir — German-based match-fixers

— talking about how they could manipulate games in the Canadian Soccer League.

And once they had actually done it, the tapes caught their overwhelming glee at their prospects.

"If we don't become rich here, then I don't know where we could become rich," Budimir told Cvrtak, the CBC reported.

Meanwhile, their conversations extended further, even looking at what it would take to buy a team and arguing at how fast they should go about doing that.

According to the wiretaps, Budimir reported back to Cvrtak in 2009 that players make less than \$500 a month and a club in the CSL could be bought for \$150,000.

According to Budimir, buying was a three-year process. Cvrtak wanted to know if it could be done in one.

"They are all amateurs.... Nobody knows that they have teams there like here," Budimir told Cvrtak on the wiretap.

"One can start a team there with \$150,000 and play in the first league right away."

Full stop.

Now that this information is public, there are calls for



Toronto Croatia's Tomislav Ples nearly gets a boot from Dragan Covic of the Serbian White Eagles as the two teams tied 0-0 in the second championship game at Esther Shiner Stadium in North Toronto in 2007. A German court heard evidence last year that a game involving Toronto Croatia was fixed in 2007. STEVE RUSSELL/TORONTO STAR

the CSA to conduct an investigation into who is financing teams in the CSL.

If it's going to continue to sanction the league, a full investigation by the CSA into

who is financing teams in the CSL is immediately warranted. For now, the CSL has yet to file an official complaint with the local police and RCMP.

Wiretap evidence

**\$20,000
bribe
paid off**

According to the CBC, the wiretaps detail how one of the fixers — a man by the name of Zivko Budimir — arranged a fix in 2009.

He paid CSL all-star Antonio Zupan \$20,000, which he shared with four teammates on Toronto Croatia.

In exchange for accepting the bribe, Zupan and Toronto Croatia ensured they would lose by at least two goals to the Trois-Rivières Attak on Sept. 12, 2009.

Zupan, who missed a crucial penalty in the game, was successful: The final result was 4-1 in the Attak's favour.

The fixers had wagered \$143,000 on a combination of bets that included that game.

BEN RYCOFT/METRO

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Soccer deaths. Tears in the Commons as British PM issues a full apology

British police and medics whose failures contributed to the deaths of 96 soccer fans in the country's worst sports disaster unfairly blamed the dead for the 1989 tragedy, newly disclosed documents revealed Wednesday.

The officials even sought to cover up their actions, the documents show.

Lawmakers in the House of Commons gasped and wept as Prime Minister David Cameron issued a full apology for the wrongdoing.

"I am profoundly sorry for this double injustice that has been left uncorrected for so long," he told lawmakers.

The documents vindicated efforts by the victims' families, who had spent 23 years demanding a full accounting

of the events at Hillsborough stadium that killed fans of the Liverpool soccer team.

Most of the victims were crushed and suffocated in a standing-only section after they were herded there by police.

The tragedy took place during an FA Cup semifinal between Liverpool and Nottingham Forest on April 15, 1989, at the stadium in Sheffield, northern England.

Almost 800 people were injured when police officers herded about 2,000 Liverpool fans into caged-in enclosures already full.

The response to the disaster transformed British sports, bringing all-seated soccer stadiums to elite clubs.

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Family members mourn the death of a man outside a mortuary in Karachi, Pakistan, Wednesday. FAREED KHAN/THE ASSOCIATED PRESS

Family money dispute?

Cops now have leads in French Alps murders

Investigators are pursuing three leads in the killings of a British-Iraqi couple and two other people in the French Alps, but there are no suspects yet, a prosecutor said Wednesday. The leads include an alleged family financial dispute.

Meanwhile, relatives

of the dead couple called for those responsible to be brought quickly to justice.

Saad Al-Hilli, his wife Iqbal, and an elderly woman were shot dead inside a car, while a French cyclist riding nearby also was killed.

The couple's seven-year-old daughter survived but was badly hurt, while her four-year-old sister was unharmed. All four people killed suffered two bullets to the head among other wounds.

THE ASSOCIATED PRESS

Laced with methanol

Bad booze in Czech Republic kills 19 in region

The Czech Republic announced emergency measures Wednesday to combat a wave of alcohol poisoning, saying that 19 people have died and 24 have been hospitalized after drinking vodka and rum laced with methanol.

Methanol is mainly used for industrial

purposes but, since it's cheap and impossible to distinguish from real alcohol, criminals sometimes lace black-market alcohol with it to guarantee high profits.

Prime Minister Petr Necas urged all Czechs to refrain from drinking "any alcohol whose origin is uncertain." Of the 16 people confirmed dead in the Czech Republic, eight lived in the northeast; two others died in Poland and one more in Slovakia.

THE ASSOCIATED PRESS

283 die in Pakistan fires; violations likely

Tragic factory fires.

Police are searching for the factory managers and placed the owner on a list of people not allowed to leave the country

Fires swept through two clothing factories in Pakistan, leaving 283 people dead — many trapped behind locked doors and barred windows — highlighting the atrocious working conditions in a country where workplaces often lack basic safety equipment and owners bribe officials to ignore the violations.

The twin blazes broke out Tuesday night at a garment

No escape routes

"It is a criminal act to lock the emergency exit doors, and we are trying to know who did it, and why," said Roshan Ali Sheikh, a government official.

- The twin blazes broke out Tuesday night at a garment factory in Karachi and a shoe manufacturer in the eastern city of Lahore. At least 258 people died in the fire in Karachi, another 25 perished in Lahore.

factory in the southern port city of Karachi and a shoe manufacturer in Lahore.

THE ASSOCIATED PRESS

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South Korean farmers protest foreign beef

South Korean farmers wearing cow outfits perform during an anti-government rally in Seoul on Wednesday demanding that the South Korean government take measures to deal with the loss of the country's farming industry, caused by South Korean-U.S. Free Trade Agreement (FTA) and import of foreign beef. The letters read "Tear of Korea cow." LEE JIN-MAH/THE ASSOCIATED PRESS

Flood victims

North Korea refuses aid from South Korea: Seoul

North Korea rejected South Korea's offer of food and medical supplies to help flood victims Wednesday, Seoul said.

After Pyongyang asked what aid items the South could send, Seoul on Tuesday proposed providing 10,000 tons of flour, 3 million packages of ramen noodles and medical supplies.

On Wednesday, North Korea's Red Cross sent a message expressing its

dissatisfaction with the assistance offered and saying it doesn't need "such aid," Seoul's Unification Ministry said in a statement.

Ties between the divided Koreas remain strained following two deadly attacks blamed on North Korea that killed 50 South Koreans in 2010. **THE ASSOCIATED PRESS**

Is N. Korea changing?

Economy. Observers increasingly convinced market reform is on the horizon, similar to China's 30 years ago

Deep in the North Korean countryside, in remote villages that outsiders seldom reach, farmers are now said to be given nearly one-third of their harvests to sell at market prices.

Collective farms are reportedly being reorganized into something closer to family farms. State propagandists are expounding the glories of change under the country's new young leader.

In the rigidly planned economy of this Stalinist state, could this be the first flicker of reform? A string of long-doubtful observers have become increasingly convinced that economic change is afoot, akin to China's first flirtations with market reforms 30 years ago. But, they also warn, exactly what is happening remains a mystery.

No outsiders are known to

have been to the villages, in Ryanggang province, since the new policies reportedly went into effect. No outsiders have seen the details of the June 28 government order — "On the Establishing of a New Economic Management System in Our Own Style" — that supposedly launched the program. Other reported reforms, from shifts in investment laws to new industrial profit-sharing regulations, are even more opaque.

Still, there are undeniable signs that the world's most closed-off society may be toying with change, from a carefully scripted campaign to soften the image of the country's young leader, Kim Jong Un, to the apparent purging of a hardline general and a series of often-cryptic official statements hinting that Pyongyang is serious about liberalizing its economy.

If the latest reform reports are true, they would almost certainly be driven in part by China. Beijing has long pressed Pyongyang to enact reforms similar to its own first steps toward a market economy.

THE ASSOCIATED PRESS



North Korean farmers work in a field along a river. **DAVID GUTTENFELDER/THE ASSOCIATED PRESS**



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a highway outside the eastern coastal city of Wonsan, in Kangwon province, North Korea, in this 2011 photo.

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Apple iPhone 5 in stores this month

Coming soon.

Lighter, thinner smartphone will be available in North America on Sept. 21

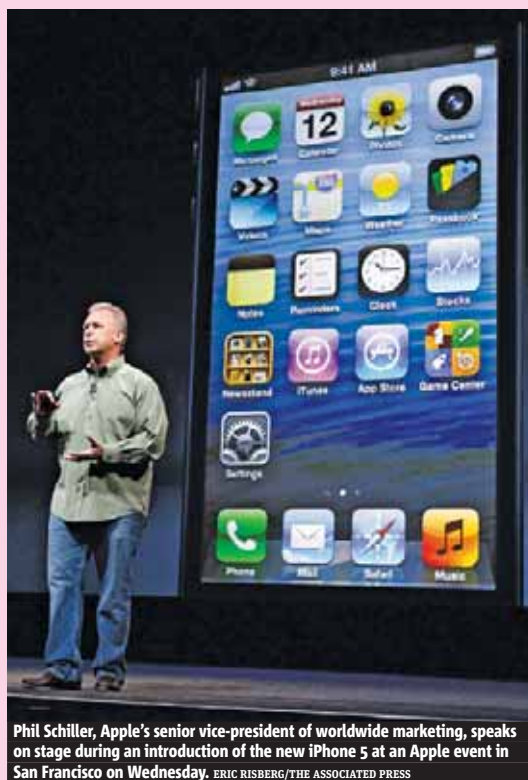
The new iPhone 5 is thinner and lighter than previous versions with a taller screen, and will be in stores in Canada, the U.S. and several other countries on Sept. 21.

The iPhone 5 is the year's most eagerly awaited phone launch. Analysts expect Apple Inc. to sell tens of millions of units before the year is out.

It will come with the capability to connect to the fastest new wireless data networks, both in the U.S. and overseas. That's another feature that was widely expected. Some competing phones have had this ability for a year and a half.

THE ASSOCIATED PRESS

Internet jokers decided the iPhone 5 could assume any shape, generate French fries and turn water into wine. Go to metronews.ca to read social media's silliest predictions.



Phil Schiller, Apple's senior vice-president of worldwide marketing, speaks on stage during an introduction of the new iPhone 5 at an Apple event in San Francisco on Wednesday. ERIC RISBERG/THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.4¢
(-0.35¢)

Natural gas: \$3.063 US (+7.1¢)
Dow Jones: 13,333.35 (+9.99)

TSX
12,232.62 (+12.17)

OIL
\$97.01 US (-0.16¢)

GOLD
\$1,733.70 US (-\$1.20)

Oil exploration

U.K. company wins bidding rights in Arctic

A small British company has won the bidding for offshore oil exploration rights to six parcels in Canadian Arctic waters. Franklin Petroleum, based in Oxford, England, bought the rights to all six parcels on offer with a promise to spend at least \$7.5 million developing them over the next five years. THE CANADIAN PRESS

Plummeting stock

Facebook CEO hopes to prove critics wrong

Facebook CEO Mark Zuckerberg hasn't enjoyed seeing his company's stock get pummeled on Wall Street this summer, but he is relishing the opportunity to prove his critics wrong. "I would rather be in a cycle where people underestimate us because I'd rather be underestimated," Zuckerberg said Tuesday at a tech conference in San Francisco. THE ASSOCIATED PRESS

Fast food. McDonald's to develop 'Made in Canada' plan for caloric content

McDonald's restaurants across the U.S. will soon get a new menu addition: the number of calories in the chain's burgers and fries. The world's biggest hamburger chain said Wednesday that it will post calorie information on restaurant and drive-thru menus in the U.S. starting Monday.

McDonald's Canada spokesman Louis Payette said that conversation has progressed differently in Canada than it has in the U.S.

"McDonald's Canada is actively working with all levels of government, NGOs and industry stakeholders to develop an appropriate 'Made-in-Canada' solution to displaying comprehensive nutrition information that is easily accessible to customers prior to purchase."

In numbers

260

McDonald's is testing healthier options for next year, such as an Egg McMuffin made with egg whites and a whole-grain muffin. The sandwich has Canadian bacon and white cheddar cheese and clocks in at 260 calories. It will be called the Egg White Delight.

Payette said.

He noted that McDonald's Canada introduced its first Food Facts brochure more than 30 years ago.

The move to add in calorie counts on U.S. menus comes ahead of a regulation that could require major chains to post the information as early as next year. THE ASSOCIATED PRESS

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CIBC PHOTOS

EMOTIONAL CONNECTION

CIBC RUN FOR THE CURE STEPS OUT FOR BREAST CANCER

In 1997, CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure. Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.

The 2012 CIBC Run for the Cure will take place Sunday, Sept. 30, in 60 communities across Canada.

Karen Ringstead, the B.C. and Northern Territories run champion, will take part in the CIBC Run for the Cure once again, her 18th year of participation. She lists her favourite moment as watching a recent survivor — a CIBC employee — with her

whole family being cheered by Team CIBC upon crossing the finish line.

"I don't want to see cancer move into the fourth generation in our family," says Karen, whose great-grandmother, grandmother, great aunt and mother have all battled breast cancer. "I think it's so important to create awareness of early detection, minimizing risk and how we all can make a difference in fighting against breast cancer."

This year, an estimated 23,000 Canadians will be diagnosed with breast cancer. Most people who take part in CIBC Run for the Cure events have been touched by breast cancer in some way; it's an emotional connection that many

Canadians have shared.

Last year, close to 170,000 CIBC Run for the Cure participants raised more than \$30 million in events held across the country to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.

More than 13,000 CIBC employees and volunteers helped Team CIBC raise more than \$3 million through the collection of pledges, fundraising and contributions from the CIBC Pink Collection.

"Our involvement started with a handful of dedicated and passionate employees and has grown into an important part of the fabric of our organization," says Christina Kramer, CIBC's executive vice-president and national run champion.

The events themselves have a festive air about them; teams and other groups of family and friends, some with kids in strollers and others with dogs, will walk or run the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. White T-shirts will proclaim the slogan, "Who are you running for?"

There will be lots of breast cancer survivors walking and running, too. Somewhere near the starting line, participants can post personal messages for loved ones and others on the Wall of Hope.

To find out how you can get involved to help raise funds and awareness, visit runforthecure.com.

— Jane Doucet

FACTS & FIGURES

- CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure in 1997.
- Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.
- In 2011, CIBC Run for the Cure events raised more than \$30 million to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.
- Last year, Team CIBC raised \$3 million through contributions to the CIBC Pink Collection, fundraising events, and the collection of pledges.



CIBC PHOTO

CONNECTING VIA SOCIAL MEDIA

CIBC is using social media to inspire Canadians to get engaged, share their stories and register for the CIBC Run for the Cure, which is taking place across Canada on Sunday, Sept. 30.

This year, CIBC introduced two innovative social media initiatives to connect with as many people as possible in the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The first is to create your own video using the CIBC For All My Girls MashApp on Facebook. Here, you can upload your favourite photos and videos of family and friends who have inspired you to take part in the CIBC Run for the Cure.

You can also choose from a selection of music tracks and add captions. Check out the Mashapp on Facebook at CIBC Community Matters, where ET Canada host Cheryl Hickey introduces a how-to video.

The second is making a personal Pinspiration for a Cure board by using Pinterest. You can pin and re-pin inspiring images, videos and content, anything from healthy recipes to workout and training tips.



GIVE THE GIFT OF PINK



Tote bag, \$5

Last year, through the generosity of CIBC clients, employees and the general public, more than \$1.9 million was raised through fundraising events and contributions from the CIBC Pink Collection of products, which is available exclusively at CIBC branches across Canada.

The 2012 CIBC Pink Collection features a friendship bracelet for \$2, a shoelace lapel pin for \$3, a tote bag for

\$5, a keychain for \$6, and a teddy bear for \$10.

"CIBC is proud to support the Canadian Breast Cancer Foundation because of the work they do in not only finding a cure but in prevention and early detection as well," says Christina Kramer, CIBC's executive vice-president and the national run champion. "Our CIBC Pink Collection is another way to show our support and raise awareness for such an important cause."

The 2012 CIBC Pink Collection was officially launched at branches across Canada on July 26. CIBC works with suppliers to create products and also takes



Teddy bear, \$10

ideas to its employees for the input.

"The foundation continues to be inspired by CIBC's ongoing commitment to the CIBC Run for the Cure," says Kramer. "The funds raised by the CIBC

Pink Collection, in addition to Team CIBC fundraising and volunteer support, is a testament to the tremendous dedication of CIBC's staff and clients toward our vision of creating a future without breast cancer."

It's imperative to the program that the most possible money goes back to the Canadian Breast Cancer Foundation (CBCF). In fact, 100 per cent of net proceeds from the pink products support the CBCF.

CIBC Pink Collection "hangtags" identify the product and the cause; they also show the suggested contribution amount.

People usually contribute the suggested amount on the hangtag, if not more.

To view the CIBC Pink Collection, visit cibc.com/cibc-pinkcollection or drop by any branch. Quantities are limited and available only while supplies last.

— Jane Doucet

CREATE A FUTURE WITHOUT BREAST CANCER

In August, CIBC and the Canadian Breast Cancer Foundation (CBCF) issued the Corporate Spirit Challenge to the Canadian business community to enter a team in the 2012 CIBC Run for the Cure runs and walks taking place across the country on Sunday, Sept. 30. Their participation would help raise money to fund research, education and advocacy for breast cancer.

"Team CIBC is passionate about supporting the CBCF's vision of creating a future without breast cancer," says Christina Kramer, CIBC's executive vice-president and national run champion.

"Through the Corporate Spirit Challenge, we invite companies of all sizes across Canada to get involved by registering a team in Run for the Cure events."

Over the years corporate teams have had



CIBC PHOTO

an enormous impact, raising more than \$5 million in 2011 alone to help make a difference in the lives of those with breast cancer and their loved ones.

To recognize corporate participants' dedication and significant contributions, the CIBC Corporate Spirit Award will be presented to the top fundraising team at each CIBC Run for the Cure site across the country on Sept. 30.

A returning corporate team is the Fairmont Royal York in Toronto. "The CIBC Run for the Cure allows us to unite in support of a cause that has impacted our hotel team, their families and our guests," says Heather McCrory, CIBC Run for the Cure team captain and Fairmont Royal York regional vice-president and general manager.

The leadership of the corporate team members, who volunteer their time and who fundraise in support of the breast cancer cause, is truly inspiring.

"The employees who take part in the CIBC Run for the Cure through corporate teams make it possible for the foundation to continue funding the most promising breast cancer research and supporting the breast

cancer community across the country," says Sandra Palmaro, CEO of the Canadian Breast Cancer Foundation—Ontario Region.

CIBC is a prime example of corporate stewardship; it became the title sponsor of the CBCF's Run for the Cure in 1997.

"We aim to make a difference in com-

munities through corporate donations, sponsorships and the volunteer spirit of our employees," says Kramer. "We have been very proud to partner with the Canadian Breast Cancer Foundation for so many years as part of our long-term commitment to this important cause."

— Jane Doucet

STUDENTS TAKE UP THE CHALLENGE

CIBC and the Canadian Breast Cancer Foundation (CBCF) have once again issued a challenge to Canada's college and university students to see who can raise the most money for breast cancer research, education and awareness initiatives.

"The goal of the Post Secondary Challenge is to encourage students to participate in a way that is both meaningful and fun," says Christina Kramer, CIBC's executive vice-president and national run champion.

By taking part in the challenge, students are making a difference to a very important cause while also getting a chance to win a concert for their school

fundraising team and a CIBC Education Award to help fund their post-secondary education.

Students can register a CIBC Run for the Cure Post Secondary Challenge team and raise funds online. The top 10 student fundraisers and the top student fundraiser in each of the five CBCF regions can win a \$2,500 CIBC Education Award. In addition, the top fundraising school team or teams will win a concert by Walk Off the Earth, a five-piece band based in Burlington, Ont.

For more information and full contest details, visit CIBC Student Life on Facebook or runforthecure.com/psc.

A REMEDY FOR A CASE OF THE MAYOR ROB FORD



HE SAYS...
John Mazerolle
metronews.ca

Whether you suffer from Toronto Mayor Rob Ford or just know someone who does, this guide will help you understand the issue and symptoms of Toronto Mayor Rob Ford and how to talk about it.

In this pamphlet you'll find helpful tips for coping and an explainer for those outside Toronto, many of whom have found themselves asking WTF — Why the Ford Administration?

What is Toronto Mayor Rob Ford?

Rob Ford spent a decade inside Toronto causing minor outbursts, with observers paying little heed to the symptoms. However, the unexpected bonding with a mayor's chair two years ago has made Toronto Mayor Rob Ford — or TMRF — more powerful than previously expected.

Thanks to a series of TMRF incidents appearing on the national news, Toronto Mayor Rob Ford has crossed over the so-called municipal barrier and has now infected the national consciousness.

It's not unusual for people as far away as Vancouver or St. John's to ask, "Is this for real?" It most definitely is.

Some symptoms include disbelief at what you're hearing, disbelief at what you're seeing, and journalists high-fiving each other at their uncommon good luck.

The end result is a rash of scandals. Don't pick at them. These itchy scandals come in many varieties:

- Tickling: Ford blamed a plastic-bag ban passed by city council on the public because, he said, "a couple hundred thousand people" should have rallied in opposition.
- Sore: Ford gets angry a lot, including a confrontation where he made a reporter drop his tape recorder on the ground.
- Life-threatening: Ford said he "probably" reads while driving on Toronto's eight-lane highway because he's "busy."

This would be a good place to remind people that TMRF is real.

How did this TMRF happen?:

It's not uncommon for people across the country to ask Torontonians how TMRF came to be.

The first thing for sufferers to know is they have absolutely nothing to be ashamed of. One of the unusual traits of TMRF is that it only causes discomfort in people who don't want it.

To understand, one must look at an X-ray of a Toronto election map, which looks like the inverse of a U.S. election map. The liberal interior — what most outsiders think of when they think about Toronto — fought hard against TMRF, while the suburban edges breathed it deep.

What can be done:

TMRF can drain your energy, hope and drive, but there are options. Ways to eliminate symptoms include:

- Tilting way to the right.
- Plugging your ears and closing your eyes and singing la la la la for the next two years.

Of course, some people are immune or even enjoy TMRF, including journalists, comedians and other people who enjoy a good story.

As for voters who think the country needs more TMRF and would be happy to see it spread everywhere: Please put this down and watch the road.



No cure has been found for Toronto Mayor Rob Ford (TMRF).

NATHAN DENETTE/THE CANADIAN PRESS

Not quite a pot of gold



PAUL GOLDSTEIN/REX FEATURES

Wildlife photography

Not even a double rainbow

It's not a pot of gold or even a double rainbow, but a giraffe that you can find at the end of this rainbow.

This is just one of the countless wondrous sights professional photographer and holiday tour guide Paul Goldstein has witnessed in his adventures in far-flung locations from the Arctic to the plains of the Masai Mara in Kenya.

METRO

Ethics

Giving back after taking away

Goldstein is always keen to give back to the regions he photographs.

"Ethics with photography is massively important. Every penny of every photograph I sell goes to one of two foundations: one in India to a tiger foundation in Madhya Pradesh, and one in the Masai Mara, where I'm co-owner of three safari camps."

METRO



Paul Goldstein CONTRIBUTED

Photog's viewpoint

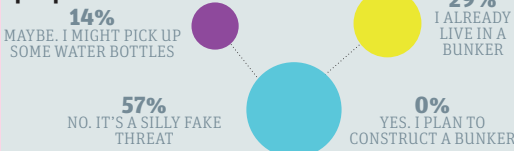
"There's a huge difference between a snapshot and a photograph. A photograph suggests diligence, graft and imagination."

Paul Goldstein, photographer and tour guide for travel company Exodus
"I like to push people so they can get the most from their cameras, without the camera dominating the safari," he says.



Register at metropolitanpanel.ca and take the quick poll

Has the U.S. government's tongue-in-cheek warning of a zombie apocalypse pressured you into better disaster preparedness?



Twitter

@Chris Sel:

Port Mann Bridge toll to be reduced...temporarily? Set the price and go with it. #election

@Tihemme:

\$3 a day Port Mann Bridge toll, I can support. And afford. (But ditto on public transit to Fraser Valley). Looking forward to its opening!

@Thomasso01:

So, after the election, then the tolls go back up. Hummm, who

to vote for? "Port Mann Bridge tolls to be slashed"

@slearey:

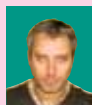
Any Port Mann bridge toll is too much. Let's get back to a progressive income tax system. #poor-getpoorer #bcpoli

@CamParker:

Generic smarta-- tweet about the iPhone 5 not being that great but telling everyone they'll still buy it.

Run, rabbit, run: Unique Iranian play lands at The Cultch

White Rabbit, Red Rabbit. Play tells the story of a conscientious objector with no set, no director and a new actor for each performance



BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

You can take the story out of Iran, but you can't take the Iranian out of the story.

In this instance, the Iranian is playwright Nassim Soleimanpour, who, as a conscientious objector, is barred from leaving his country. The play he wrote, *White Rabbit, Red Rabbit*, requires no director, no set and a different actor for each performance.

It's unusual by design. Written in Soleimanpour's voice, each actor is handed a sealed envelope containing the script and, using the performance to discover his words, ultimately tells his story.

"It's a very powerful piece," says Cultch executive director Heather Redfern.

"Nassim has written a play that allows actors across the world to speak his words. The resulting experience between audience, actor, and voice of the playwright is a provocative political statement and an absorbing theatrical experience that pushes the very definitions of the art form."

A dozen local artists have been enlisted to perform the play during its run: Kathryn Shaw, Jonathon Young, Alessandro Juliani, Meg Roe, Marcus Youssef, Peter Anderson, Maiko Yamamoto, James Long, Kevin Loring, Ryan Beil and Donna Soares.

Local actress/writer Carmen Aguirre, author of the memoir *Something Fierce: Memoirs of a Revolutionary Daughter* and no stranger to oppressive regimes, performs on opening night.

White Rabbit, Red Rabbit is at The Cultch from Sept. 19 to 30. Tickets from \$26. For more information, visit TheCultch.com.

And for more of what's coming up:

Big Time Rush.

Hey, look, another boy band! Good news for tweens, I suppose.

This particular band of boys had been together since 2009, releasing its debut album in 2010. Good times.

Check out the Big Time Summer Tour, when the quartet will be performing at Rogers Arena with special guests Cody Simpson, Tyler Medeiros and Victoria Dufield. That's Sunday night, if you're taking your daughter. Tickets \$39.50 to \$69.50 at LiveNation.com.

Let it be.

If you missed Paul McCartney performing during the Queen's Diamond Jubilee, or perhaps didn't catch his act during the opening ceremonies for the recently concluded London Olympics, don't fret: he's coming to Vancouver.

I know what you're thinking: Graeme, he hasn't performed in Vancouver since everything was black and white.

We're due! I understand. And if you want to spend upwards of \$250 to see him perform on Nov. 25, who am I to stop you?

He's playing at B.C. Place, too, so you'll almost be able to see him laughing all the way to the bank. Visit LiveNation.com for tickets, on sale tomorrow at 10 a.m.



White Rabbit, Red Rabbit, by Iranian playwright Nassim Soleimanpour, opens at The Cultch on Sept. 19. SUBMITTED

2 SCENE

On the web



Qriket

Where did all of MTV's viewers go? Visit metronews.ca/scene or scan this code to find out what the ratings were like for its annual VMA show

metro

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**AN EPIC TALE OF APPLES
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OF REFRESHING TASTE**

Must be legal drinking age.

Third album of exploratory Yeasayer welcomes you to a Fragrant World

Layering sounds.

Brooklyn act enjoy task of experimenting while keeping music fresh, interesting

LUKE O'NEIL
scene@metronews.ca

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released its third record, *Fragrant World*, late last month.

The follow-up to their breakthrough indie hit *Odd Blood* picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like *Longevity*, a churning layer cake of sound that squiggles and glitches, but



Chris Keating of Yeasayer performs at Los Angeles State Historic Park on September 2. KARL WALTER/GETTY IMAGES

coalesces into a romantic, multi-tracked harmonized groove "That's the challenge, right? Trying to make some interesting sounds, but have

them work in a three-and-a-half to four-minute context," says vocalist Chris Keating.

"Trying to walk that line between experimenting and

still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one

song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique

It's not 'world music'

The band, somehow saddled with the "indie world music" moniker, says that was an inside joke that's gotten out of hand.

- "It's clearly inaccurate," Keating says. "I think some of that is subtle, not intentional, racism. Because we have a guy in the band who happens to have dark skin and an Indian background, people talk about 'that world-music band.'"

- A lot of their songs are three different tracks chopped together.

he's long admired in Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody."

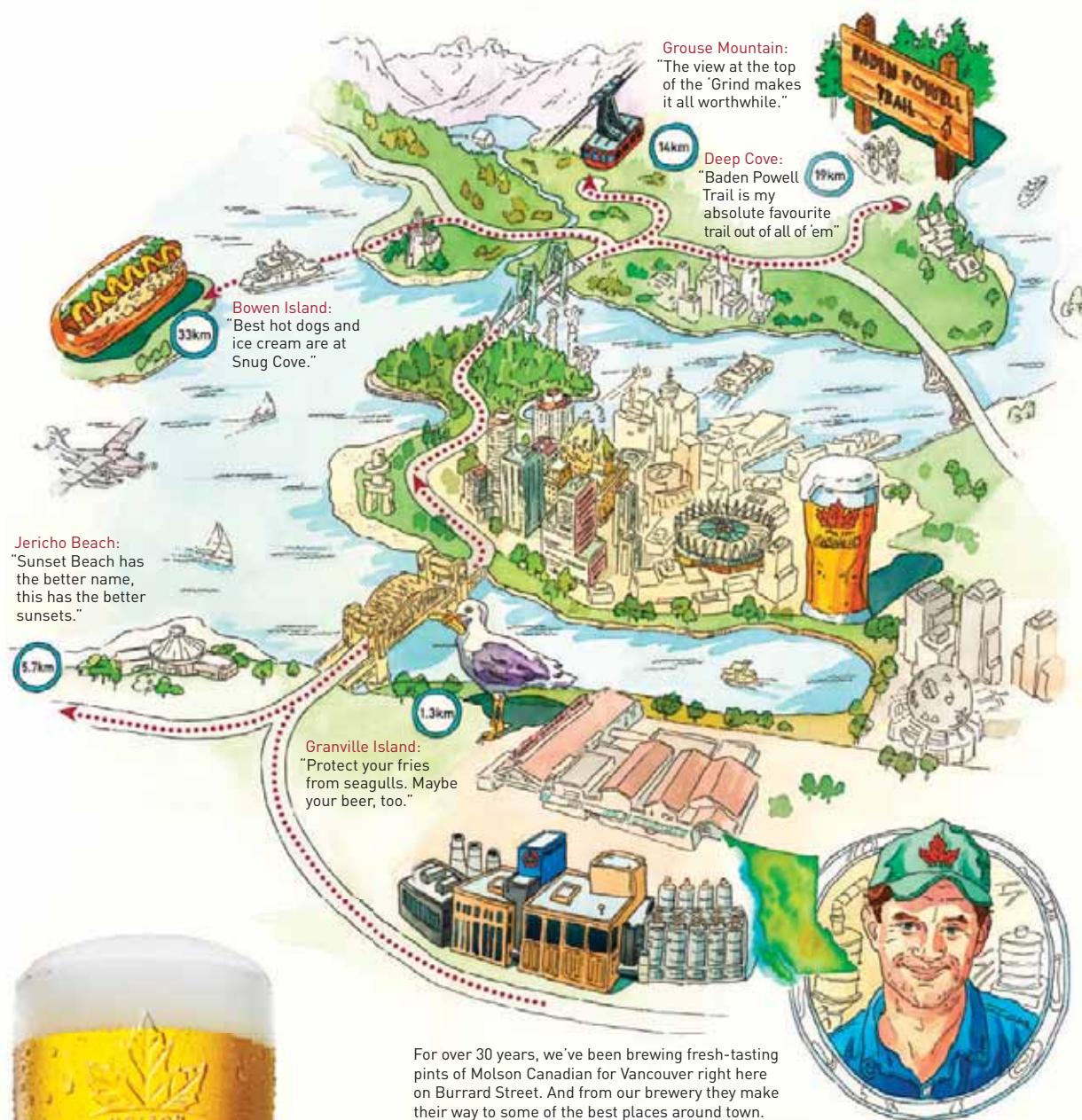
UNDERCOVER BOSS CANADA

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CEO Joey St-Aubin attempts to score the winning goal with customers and employees.



NETWORK



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Justin Vickaryous,
Vancouver Brewmaster
for Molson Canadian

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Twins for Sookie

True Blood stars Anna Paquin and Stephen Moyer became parents twice over this week, according to Hollyscoop.

"We can confirm that Anna Paquin and Stephen Moyer recently welcomed their twins into the world," their rep announced.

"The babies were born a few weeks early, but are in good health and both mom and dad are overjoyed." The twins mark the first children for Paquin, while Moyer has two children from a previous marriage.



Randy's back, dawg!



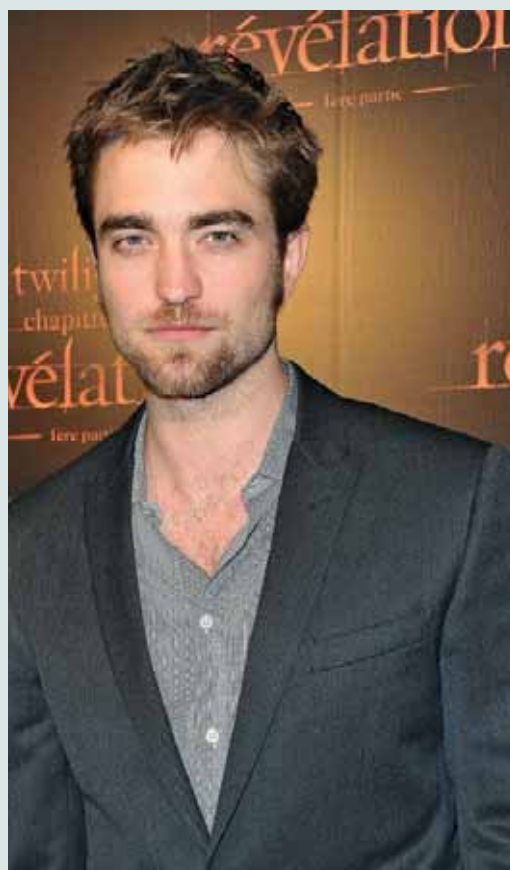
It looks like Randy Jackson won't be bounced from the judges' table on American Idol after reports leaked that he is close to signing a deal to keep him in his old spot on the hit reality competition show, according to Deadline.

Rumours had circulated that Jackson, the only remaining judge from the original version of the show, would be moved to a "mentor" position for the new season. But it looks like that's not happening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rob and Kristen back together?

When Kristen Stewart told the Associated Press last week that she and Robert Pattinson would "be fine," maybe she knew more than she was letting on,

as sources say the pair are secretly back together, according to Lainey Gossip.

"It was communicated to people during the Toronto International Film Festival that they are (back together) but they're worried about how it might affect (Rob's) career, like whether or not there will be some kind of crazy backlash or something," the source says.



Blake Lively. ALL PHOTOS GETTY IMAGES

No liquor for Lively

With her marriage to Ryan Reynolds last weekend on the books, Blake Lively apparently isn't wasting any time getting their domestic life going.

"I've always wanted a big family. Oh, I'd love 30 kids if I could," Lively says in the latest issue of Allure.

The Gossip Girl star also lives a pretty clean life free of drugs and alcohol — and nightclubs.

"The music is so loud, you can't have a conversation with somebody," she says. "If I were an amazing dancer, yeah, I'd go, but I'm definitely not."

Twitter



@ActuallyNPH

Hi Twitterland. Sorry for my lack of tweets recently. Apparently I have babies and stuff. I'll try harder. xo



@Pink

Holy Sh*t!!! MOM!!!! I got an A!!!! Thanks Entertainment Weekly!!!! My first A outside of study hall!!!!



@Venuseswilliams

Just wanted to send a big thank you to the NYC crowd at my us open this year. I've never felt such love and support, thank you!!!



@GarryShandling

My therapist just told me that I'm better than I was four years ago.

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New York's finest

New York Fashion Week is proving that next spring's style-savvy girl is street-smart, sophisticated and loves her stripes

TINA CHADHA
life@metronews.ca



PETER MICHAEL DILLS/GETTY IMAGES

Marc Jacobs

At Marc Jacobs' Spring show, models done up in severe side partings and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' girl is a careerist. Curvy dresses with scalloped hems, sensible skirt suits with long, lean silhouettes and ruffle collar separates would fit right in at an office but the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much.

Donna Karan

Donna Karan struck gold with her choice of materials for her spring line. Sheer jersey and paper linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics paired with Karan's use of dusty, cold-dyed colours gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" – you know, those pretty moments when light reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear.



NEILSON BARNARD/GETTY IMAGES



SLAVEN VLASIC/GETTY IMAGES

Tommy Hilfiger

Tommy Hilfiger transported showgoers at the Highline back to the Hamptons for one last Fourth of July-type seaside soiree. With hurricane lanterns hanging over a deck-like runway, models sailed by in bold red, white and blue striped looks. Some read cool (the double-breasted blazers and chunky cardigans) and others too patriotic (a preppy navy jacket over a red, white and blue striped shirt and trousers). The colours then came in zigzags on dresses and one-piece halter swimsuits before winding up on the trim of plain white shifts. Breton stripes were also big (on cotton schoolboy shirts and leather tops), as were chunky cable knit sweaters.

DKNY

For her spring show, titled Reflections of New York Donna Karan aimed to define a girl living the big city dream. She's ambitious: smart workwear separates such as boy-friend blazers and knee-grazing pencil skirts came in leather and colour-blocked, textured linen. She's ready for whatever comes her way: the body-suit played double-duty as a bathing suit, and models wore fanny packs. She's street smart: sporty mesh and leather detailing, camo prints, fitted black baseball caps and heeled sneakers exuded an urban tone.



PETER MICHAEL DILLS/GETTY IMAGES



NEILSON BARNARD/GETTY IMAGES

Rebecca Taylor

The biography of Beach Boy Brian Wilson transported Rebecca Taylor to one of her favourite vacation haunts: Hawaii. But while her imagination sipped on mai tais, this hard-working woman spent the summer in New York. The two worlds harmonized perfectly in her spring collection: Sunny, hibiscus floral prints came cut in sharp, strong silhouettes, while polished dresses were made tough with studded collars and worn under moto jackets in laid-back, faded denim or poppy turquoise leather. And for post-sunset, a nude, silk studded cocktail number featured cheery ocean blue straps, perhaps to remind you of paradise even when you're stuck in the city.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

@Jeanne_Beker: En route to NY for Fashion Week! Better late than never. Jam packed sched. Just hope my stilettos don't give me grief. Will keep you posted!

@Jeanne_Beker
Brocade coats, cotton knits, graffiti prints, yummy color + thick socks with platform san-

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

dals. This is what cool girls wear
@mbymarcjacobs

@Jeanne_Beker
"It's just about imagining yourself as the best you your can possibly be" says Laura Mulleavy
bkstg @officialRodarte

@Jeanne_Beker
Bkstg @VeraWangGang tells me she's inspired by all the travel

she does "in her mind". Loved her Indian influence with twist of modernity!

@Jeanne_Beker
Great graphic lines + bold colour
@MichaelKors



@Jeanne_Beker: First look @MichaelKors take on optimism for SS13 #NYFW



@Jeanne_Beker: Modern day lady knights sizzle @officialRodarte

On the web



Qriket

Avril Lavigne says after debuting spring line for Abbey Dawn she may make own wedding dress

Give it a little Moroccan flair

As decor trends move toward more colour and traditional curvy lines, it's expected that Moroccan styles will emerge in a big way. The contemporary curvy lines and colours like orange, blue and white make it a trend-on element to include in modern decor. Other influences that blend easily with this trend are Middle Eastern patterns, handmade Moorish designs and Havana colours. With a new season fast approaching, why not try out some exotic flavour in your home?



DESIGN CENTRE
Karl Lohmes
home@metronews.ca



Magical Thinking Bright Star Duvet mimics colourful handmade tiles. From \$79. URBANOUTFITTERS.COM



Circles Rubber Doormat welcomes guest with a Moroccan vibe. \$20 CRATEANDBARREL.COM



Thomasville's Wanderlust Bachelor Chest is a great solution for television and AV equipment. \$1,620 SEARS.CA



Benjamin Moore's Pumpkin Spice can transport your room to North Africa with just one coat. BENJAMINMOORE.CA



Whole Home Morocco Printed Sheers add exotic flair to the window. From \$20 SEARS.CA



Just a few accessories can add some exotic flavour to any space. HANDOUT

Queen of Green

Don't be a pest when dealing with wasps



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

I have a problem with wasps in my yard. What can I do? Nick of Regina

As we head into fall, insect populations in general will start to decline. And wasps will begin to bother bumblebees and honeybees — especially if you're barbecuing less (wasps are carnivores).

Did you know that most wasps are tiny solitary insects (not at all social) that lay their eggs inside of other insects? So, if you've planted a bee-friendly garden, you'll likely have wasps.

And if you keep mason bees, your nest box could also attract parasitoid solitary wasps, but you probably won't notice.

The wasps you're referring to are likely one of the three more common species: yellow jackets (bright yellow with black stripes), hornets (black with white stripes), or paper wasps



There are safe ways to deal with pests in your yard. HANDOUT

(brown, red or yellow with a skinny waist).

How to deter wasps:

- Don't wear bright colours
- Don't wear sweet smells like fragranced body lotion or shampoo
- Cover meat and fish when barbecuing
- Don't leave out sugary drinks like cans of pop
- Clean up rotting fruit from your fruit trees
- Cover your compost pile with a lid or lots of "browns" like dry leaves

- Keep your trash bin clean. Never swat a wasp. They can release a pheromone that will attract other wasps and signal them to be aggressive. It's best to move away calmly. Also, check the exterior of your home for cracks, holes and unsealed vents where wasps might build a nest. They like to nest in roofs, eaves, in garden sheds or under decks and porches —anywhere that's sheltered, warm and dry.

No use crying over spilled wine

Advice. Take these simple steps to cleaning up that embarrassing spill



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmapherson.com

Dear Charles, What is the proper way to go about cleaning up a broken wine glass at a dinner party? Always Prepared

Dear Always Prepared, When this happens, the room is always full of guests and everyone stares at you!

The few times this has happened, the first thing I do is pick up the large pieces of glass.

I then use the vacuum, ideally a hand-held one to pick up the glass and then I use very thick towels to absorb the wine liquid.

Whatever you do, don't make a big deal about it.

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Whether you're settling into a new space or looking to refresh an existing one, switching out older sinks and faucets can offer an instant facelift to two frequently used areas of the home

THE ASSOCIATED PRESS

The Elevate Kitchen Faucet Stainless Steel



THE CANADIAN PRESS/HO, PFISTER

Jane Chadwick of faucet manufacturer Pfister said they're using an array of metal finishes like chrome and stainless steel for those desiring a more transitional, contemporary look.

The Wheaton Kitchen Faucet Tuscan Bronze



THE CANADIAN PRESS/HO, PFISTER

Warmer touches like Tuscan bronze curry favour with style traditionalists.

The Kamato Vessel Faucet Polished Chrome



THE CANADIAN PRESS/HO, PFISTER

Marie-Claude Brosseau, product and trend manager at Rona, said chrome pairs well with virtually anything, particularly matte finishes like granite and stainless steel — the latter representing another big trend in sinks.



THE CANADIAN PRESS/HO, RONA

The 17 x 17 Vessel sink

"You have the natural stone vessel, which wasn't there before, so this is new as well."

Marie-Claude Brosseau, product and trend manager at Rona describing the style as reminiscent of sand with a smooth, polished finish.

8 Ways to get your water running in style

The Ashfield Lav Faucet Tuscan Bronze

Even faucets are tapping into the colour trend, with one model from Kohler featuring interchangeable spout liners, allowing users to change shades to suit their style tastes, noted Karen Sealy owner of Toronto-based Sealy Design Inc.



THE CANADIAN PRESS/HO, PFISTER



THE CANADIAN PRESS/HO, RONA

Vessell-Oval Lavatory

As for bathrooms, Brosseau said another notable trend is having vessels atop countertops, a contrast to kitchens where undermounts are more common.

Blanco Quatrus stainless steel 1.75



THE CANADIAN PRESS/HO, RONA

With a designated spot for the new sink, Sealy said it may limit consumers' choices when it comes selecting a replacement — unless there's one of the same size. If the new model is too big, it may require making a larger hole, she noted.

Blanco Silgranit Vision 210 double bowl

"You could have a totally white kitchen with stainless steel appliances, and all of a sudden, have like a sea mist sink. So you can have a little hit of colour in your sink and have some fun with it."

Karen Sealy owner of Toronto-based Sealy Design Inc.



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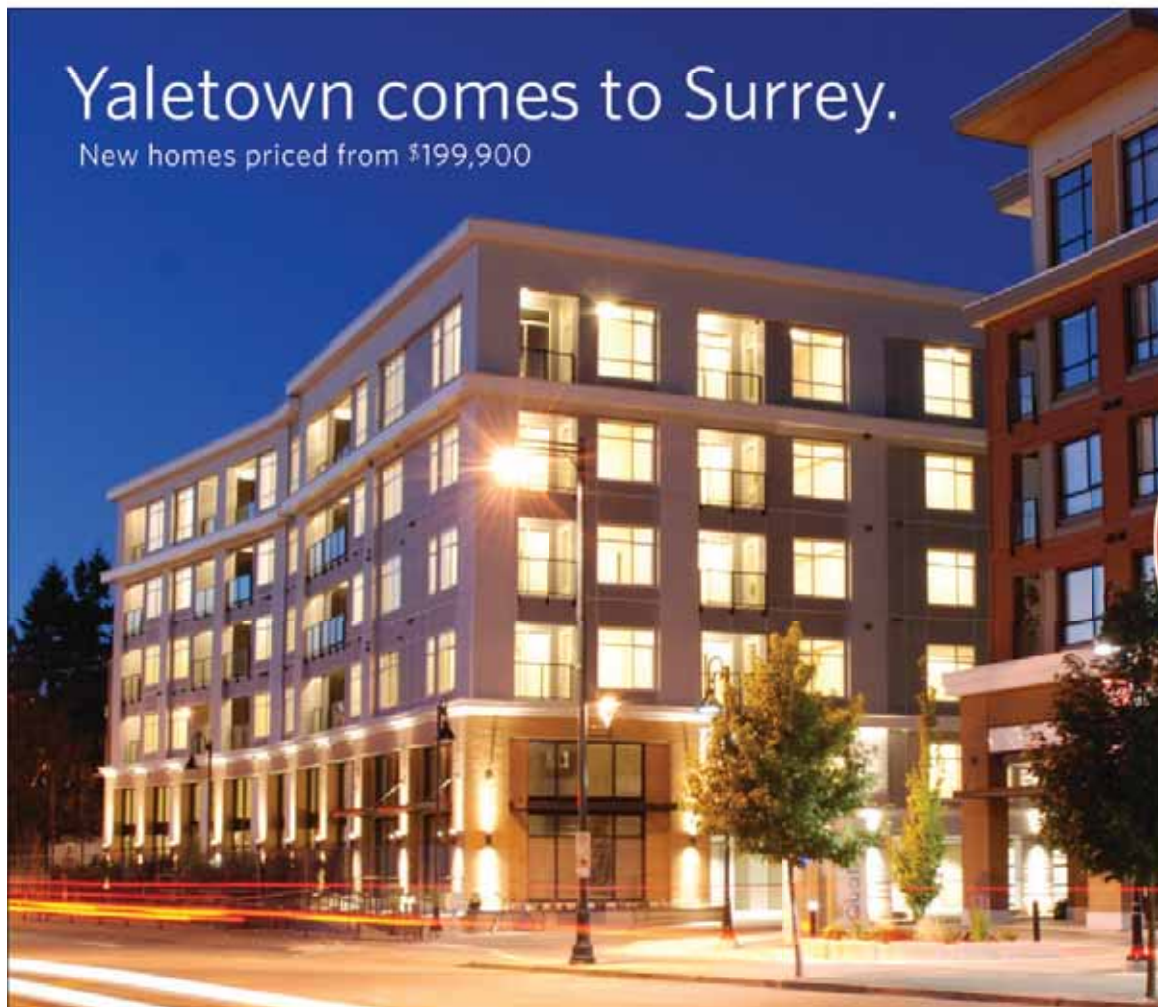
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MAGIC IN NEW WESTMINSTER

BRICKSTONE WALK OFFERS PERFECT HOMES IN THE PERFECT LOCATION

New Westminster was the original capital of British Columbia for a good reason. Perfectly located in the geographic centre of what we now call the GVRD, serviced by the best transportation available in the day and, chosen by the Queen herself instead of Vancouver or Victoria.

What did the early pioneers know that is still important today? Location matters — and that is why New Westminster is once again at the forefront of emerging cities.

So what happens when you find a perfect home in a perfect location? You should buy it. That has been the response to Brickstone Walk and the accolades just keep coming in. Brickstone Walk 1 (right next door) sold out quickly and both are boutique communities of like-minded people who want a quality home at a great price — and all discerning buyers understand the power of location and the flexibility to travel east or west on a whim.

If you work or play downtown, no problem. New Westminster has five SkyTrain stations. Remember the part about the best transportation options of the day? Well, that is still true. Want to go to Surrey, Richmond, the airport or, soon, even UBC? No problem again — New Westminster has you covered.

At Brickstone, you can also walk to the new Theatre District, the SkyTrain, bars, restaurants and live shows. The Riverside Park, off-leash pet areas and the New Westminster Quay market are all part of your backyard. Plus no tolls in your future when the Port Mann



Bridge opens this year.

How about price? Why does New Westminster offer such great value? The short answer is that New Westminster has been overlooked for some time as it was an older, established city. Other cities saw rapid growth and attracted buyers from far and wide. New West just sort of stayed under the radar. That's the magic. Not only a perfect location, but still at a price that makes other cities blush. It probably won't be that way for long and that is the purpose of telling you about Brickstone Walk.

Urban townhomes for young professionals — that's Brickstone. A step up in quality, a bit more room to stretch out and surrounded by people just like you. These boutique homes are designed for young professionals who may work from



home on occasion or are busy making their mark in the world of business, art or culture.

How about if you are downsizing? Brickstone has the "oh so rare" three-bedroom, three-bath model. These homes are perfect as a transition from a single-family home or for a growing family that loves urban environment. Big homes for people with big plans for the future.

Brickstone Walk urban townhomes have safe and secure underground parking, stainless steel and granite finishes, and huge decks for entertaining guests. Heritage features like the transom windows (patio and front doors), black rod iron and mullions on the windows all add a unique touch.

It's time to check out Brickstone for

yourself. Starting from an incredible \$229,900, these homes fit nearly any budget. The sales centre is easy to find at 306 6th St. in New Westminster. Open six days a week and any time by appointment, of course, because your life doesn't always follow a perfect schedule. In the presentation centre you will find a relaxed environment where the trained professionals don't try to sell you anything ... they are only there to help you buy. Summer incentives are enticing: Free strata fees for a year and a 50-inch plasma TV ... two nice touches as a move-in gift.

Check out Brickstone online at brickstonewalk.com or call anytime at 604-376-8060. It's time to make some of your own magic!



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Grilled vegetables & pasta infuse distinctly Mediterranean flare

1. Balsamic Vinaigrette: In a screw-top jar, mix oil, balsamic vinegar, mustard, garlic, sugar. Cover jar and shake well. Season with salt and pepper. Makes about 150 ml (2/3 cup).

2. Meanwhile, cook pasta according to package directions and set aside. Chill, if desired.

3. Remove cores and cut peppers into quarters. Cut zucchini and onion into 2-cm slices. Brush vegetables lightly with some vinaigrette and grill over medium heat until vegetables are cooked as desired.

4. Cut all of vegetables into

Nutritional analysis

Per serving

- 880 calories; 33 g protein; 98 g carbohydrates; 40 g fat; 6.1 g fibre; 414 mg sodium

chunks. Combine vegetables, pasta and all but 125 ml (1/2 cup) of feta cheese with the remaining vinaigrette and season with salt and pepper. Top the dish with the reserved feta cheese and parsley. **THE CANADIAN PRESS/DAIRY FARMERS OF CANADA**

Ingredients

Balsamic Vinaigrette

- 85 ml (1/3 cup plus 2 tsp) vegetable oil
- 75 ml (1/3 cup) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced
- 1 ml (1/4 tsp) sugar
- Salt and pepper, to taste

- 500 g (1 lb) penne or rotini
- 1 each red and yellow sweet bell pepper
- 2 zucchini
- 1/2 Spanish onion
- 250 g (8 oz) feta cheese, cubed (divided)
- Salt and pepper, to taste
- Chopped parsley, for garnish



This recipe serves four. **THE CANADIAN PRESS H/O**

Cookbook of the Week

All vegetable lovers rejoice!



To open up the Mediterranean world to the North American kitchen, Clifford A. Wright presents an A-to-Z culinary reference.

Accessible and thoroughly useful, Mediterranean Vegetables includes information on more than 200 vegetables that are traditionally prepared in Mediterranean cookery.

Among the recipes in the book are: Greek Country Salad, Leeks in Lemon and Eggs Sauce, Oven-Baked Potatoes and Mushrooms, Stuffed Swiss Chard Leaves.

Each vegetable that is featured also comes with information on plant characteristics and varieties, plant origin and plant history. **METRO**

Ratatouille. Versatile and tasty classic French stew



1. In Dutch oven, heat oil over medium-high heat. Add onion, garlic, basil and oregano; cook until slightly softened and aromatic, about 4 minutes.

2. Add green pepper, zucchini, eggplant and tomatoes. Stir in canned tomatoes, breaking up with a spoon. Bring to a boil. Reduce heat

and simmer until vegetables are tender, about 30 minutes.

3. Stir in tomato paste, sugar, salt and pepper; cook for 7 minutes. (Make-ahead: Cover and refrigerate for up to 2 days; reheat.) Stir in parsley. Sprinkle feta on top of each serving.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 30 ml (2 tbsp) extra-virgin olive oil
- 1 red onion, cut into thin wedges
- 5 cloves garlic, minced
- 15 ml (1 tbsp) each dried basil and oregano
- 1 large sweet green pepper, cut into chunks
- 2 zucchini, cut into chunks
- 1 eggplant (about 750 g/1 1/2 lb), cut into chunks

- 4 field tomatoes, chopped
- 1 can (796 ml/28 oz) whole tomatoes
- 45 ml (3 tbsp) tomato paste
- 5 ml (1 tsp) granulated sugar
- Salt and pepper, to taste
- 50 ml (1/4 cup) minced parsley
- 175 ml (3/4 cup) crumbled feta cheese



Servings: 4

Ingredients

- 8 slices** Multigrain bread
- 260 g** Armstrong Cheddar Cheese, freshly grated
- Olive Tomato Spread**
- 100 g** Black olives (pitted)
- 1/2** Roasted garlic clove
- 6** Medium semi dry tomatoes
- 5 tsp** Olive oil
- 10 leaves** Fresh flat leaf parsley
- 1/4** Zest of lemon

Gourmet Grilled Cheese

Exclusively created by Chef Dale MacKay



Directions

Olive Tomato Spread

- Combine all ingredients in a food processor until a light, chunky texture is achieved.

Assembly

- Lightly spread butter on both sides of the multigrain bread.
- On the inside of one slice, evenly spread a small amount of the olive – tomato mixture.
- Grate Armstrong Cheddar Cheese (65 g) on the same half, close the sandwich and place the buttered sides down in a frying pan at low heat until both sides are crisp and golden brown.
- Cut in half and enjoy!

Tip

- For perfectly roasted garlic, cut a bulb of garlic in half, across its equator, rub 1 tsp of olive oil on both sides, wrap it in tin foil and place in oven for 45 minutes at 275 °C.
- The garlic should be soft and a light golden brown when it comes out of the foil.
- Reserve one clove for the spread and refrigerate remainder.



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Qriket

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Metro and Qriket are giving away \$10,000 in instant cash prizes for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

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Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.

And this month, scanning the Qriket branded codes in Metro activates \$10,000 in bonus instant cash prizes just for Metro readers!

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- 1) Download the free Qriket app for your iPhone.
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- 3) The more you scan, the more you share, the more chances you have to win!



For full rules and regulations visit www.qriket.com/metro

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news worth sharing.



Wrap up grilling season with salmon and gazpacho dish



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Salmon's richness always cries out for a little acid, even if it's nothing more than a squeeze of lemon. This recipe's gazpacho vinaigrette ups the ante. Gazpacho is a cold Spanish soup with many variations, but the basic recipe is a refreshing tomato-based vegetable soup. Here, add extra-virgin olive oil and sherry wine vinegar, thereby

repurposing the soup into a chunky vinaigrette dressing.

1. Heat the grill to medium.
2. In bowl, toss together pepper, tomatoes, cucumber and half a teaspoon of salt. Mix well, then spoon half of the mixture into a blender.
3. To blender, add garlic,

vinegar, few grinds of pepper and olive oil. Puree until smooth. Add purée to bowl of diced vegetables, stir well and season with salt and pepper.

4. Use paper towels to pat dry the salmon fillets. Spray the fillets all over with the olive oil spray, then sprinkle them with salt and pepper. Arrange the fillets, skin side down, on the grill grate over direct medium heat. Cover and cook until the flesh right next to the skin looks opaque, 6 to 7 minutes.

5. Flip the fillets and cook until just cooked through, another 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

6. To serve, divide the sauce between 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point, if desired). Garnish with chopped herbs, if desired.

THE ASSOCIATED PRESS

Ingredients

- 1/2 red bell pepper, diced
- 1/2 lb ripe tomatoes, diced
- 4-inch piece English cucumber, diced
- Kosher salt
- 1/2 clove garlic, smashed
- 1 tbsp sherry vinegar
- Ground black pepper
- 2 tbsp extra-virgin olive oil
- Four 6- to 8-oz pieces centre-cut salmon or arctic char fillets, skin on
- Olive oil, olive oil spray
- Chopped fresh herbs (such as basil, chives, tarragon, cilantro or parsley), to garnish

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Know the new rules

Restrictions. Feds recently announced fourth set of changes to mortgages in the past four years

JANE
DOUCET
For Metro

In June, Finance Minister Jim Flaherty announced the fourth round of mortgage restrictions in four years. Among other changes, those with less than 20 per cent equity will no longer be able to get a prime mortgage with a 30-year amortization; the maximum is now 25 years.

Another change is that the maximum refinance LTV (loan to value) ratio will be 80 per cent, down from 85. (The LTV ratio is calculated by dividing the loan balance of a property by the market value and is expressed as a percentage. For example, a property with a loan balance of \$400,000 and a market value of \$500,000 has a LTV ratio of 80 per cent.)

Cashback down-payment mortgages are on the way out; federally regulated lenders must eliminate them by the end of October.

In addition, the federal government is capping the maximum debt ratios for households and limiting

government insurance to mortgages on homes with a purchase price of less than \$1 million.

The new rules are meant to lower risk for taxpayers and curb high household debt, and they are mostly designed to help control the skyrocketing housing markets in Central and Western Canada. But what impact will they have on first-time homebuyers in general?

"Starter buyers will often have to borrow greater than 80 per cent," says Corey Regan, a mortgage specialist with One Stop Financial Solutions Inc. in Dartmouth, N.S. "And with five years shaved off the amortization, their monthly mortgage payments will be higher."

Experts estimate that it's not unreasonable to expect that at least 10 per cent of first-time buyers could be shut out of the market by these changes. Assuming that up to half of purchases come from first-timers, then overall home demand could slide five per cent or more — at least until house prices fall.

However, it isn't impos-



New mortgage rules are meant to lower risk for taxpayers and curb high household debt. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

sible to enter the market sooner rather than later.

"Maybe you won't be able to afford your dream single-family dwelling in your first

choice of neighbourhood," says Regan, "but you can afford a semi-detached in another nice area."

Buying a home is an emo-

tional decision, but if you are willing to reconsider the type of residence you want and where you want it to be, you will have more options.

And if you are set on buying the dream?

"Then you have to be patient and save for another year or two," says Regan.

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Choices. Fixed or variable? Which is best for you

Differences. Your decision will be based on cash flow, financial personality, and long-term goals

YLVA
VAN BUUREN
For Metro

Which type of mortgage should you go with: A fixed or variable rate mortgage?

With a fixed mortgage, explains the Financial Consumer Agency of Canada, the interest rate you pay to borrow the money (and the mortgage payments you pay regularly) are set for the entire term. On the other hand, a variable mortgage has an interest rate that fluctuates with prime and can change during the term.

A fixed rate mortgage traditionally has a higher interest rate, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. However, interest rates are so low right now that the spread between the variable and the fixed is not very great.

But there are other differences that can help you decide:

Your Need to Know

Do you want to know exactly what you owe on your house

Rates

"A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance."

at the end of the term? A fixed mortgage shows you the interest and principal payments from start to finish.

Keep in mind that most financial institutions offer a fixed rate variable mortgage, too — which means you have a variable interest rate but your payments do not change for the term. What does change, explains Brenda Hiscock, a member of Advocis, the Financial Advisors Association of Canada and a certified financial planner with Guilfoyle Financial Planning Inc., is how much of each payment is interest and how much is used to pay down the principal — as the interest fluctuates with prime. "The mystery



When applying for a mortgage, you must decide whether you want a fixed rate or variable rate. ISTOCKPHOTO/THINKSTOCK

lies in what the balance will be at the end of the term."

Your Financial Personality

A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance, says Smith. "Will the

prime go up? Should you lock in or not?" You have to be prepared to stay on top of interest rates with a variable rate mortgage.

Cash Flow

A variable mortgage can make sense for people who have good cash flow. You can lock

in at any time for three years or more, says Hiscock, and you have the cash flow to accommodate future increases and payments if that is the case.

Long-term Goals

How committed to the property you are can determine

whether you want to lock into a long-term fixed rate or not. With interest rates at record lows, it is likely they will go up in the future. These days, says Smith, we can do a 10-year fixed mortgage for less than four percent ... locking in for that period might be an option for you.

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NFL

Griffin III's historic 1st week continues

Robert Griffin III is the first rookie quarterback to win an offensive-player-of-the-week award after his debut game.

The NFL announced Wednesday that Griffin is the NFC offensive player of the week for his performance in the Washington Redskins' 40-32 win over the New Orleans Saints.

The No. 2 overall draft pick completed 19 of 26 passes for 320 yards with two touchdowns and no interceptions in Sunday's victory — making him the first player in league history to amass 300-plus yards passing, two or more passing touchdowns and no interceptions in an NFL debut. **THE ASSOCIATED PRESS**



Robert Griffin III
THE ASSOCIATED PRESS FILE

MLB

M's hand Romero 13th straight loss

Miguel Olivo homered and Kyle Seager had three hits as Seattle extended Toronto starter Ricky Romero's losing streak in a 3-2 victory over the Blue Jays on Wednesday night.

Romero lasted only four-plus innings and has now dropped 13 straight decisions. It's the longest streak in the major leagues this season and the longest for a Blue Jay in a single year.

One of Toronto's few highlights came in the fourth inning when Edwin Encarnacion belted his 39th home run of the season.

THE CANADIAN PRESS

Offers fly as NHL labour talks resume

Lockout. League tables 'time-sensitive' offer after players' proposal falls flat with Bettman

The NHL's collective bargaining talks resumed Wednesday with a sense of urgency and a flurry of activity, but one thing remained unchanged — the unmistakable gap between the sides.

With Saturday's midnight deadline for a lockout looming, Donald Fehr and Gary Bettman each tabled proposals that highlighted the differing views still held by players and owners on core economic issues.

The NHL's offer came with an added twist as commissioner Bettman indicated it would be taken off the table Saturday, citing the damage another lockout would inflict on the business. Fehr, the executive director of the NHL Players' Association, suggested the league had done its own damage.

"Think about it this way," he said. "You have a case where you talk about a lockout, you threaten a lockout, you tell your season ticket-holders and advertisers you're going to have a lockout, and then (once) you impose a lockout, then you want someone else to pay for it."

The NHL's latest proposal called for the players' share to be reduced to 49 per cent next season and would see it drop back to 47 per cent by the end of the six-year deal. Players currently receive 57 per cent of revenue.

The league's original offer in July came in at 43 per cent and was followed by one last month at 46 per cent.

"(This proposal) had meaningful movement in it and it was an attempt to engage the union finally in trying to make a deal," said Bettman.



NHLPA executive director Donald Fehr, centre, is joined by the Canucks' Manny Malhotra, left, and the Jets' Ron Hainsey as he speaks to reporters in New York on Wednesday. **MARY ALTAFFER/THE ASSOCIATED PRESS**

Getting together

On Wednesday night, the union opened a meeting with some 300 players in attendance, while the NHL's board of governors is scheduled to convene on Thursday.

- Meanwhile, the union says it has filed an application

with Quebec's labour-relations board, along with at least 16 players of the Montreal Canadiens, asking it to declare a lockout illegal.

- A hearing on the application is scheduled for Friday morning in Montreal.

However, Fehr said the league had moved from asking for an "extraordinarily large" amount of money back to a "very big" amount.

The first formal session of bargaining between the sides since Aug. 31 kicked off with the NHLPA tabling changes to its previous offer. It kept the first three years intact — a

system not linked to hockey revenues with fixed increases of two per cent, four per cent and six per cent over the first three years — before having the final two years determined by a return to the percentage of overall revenues.

The precise number would be determined by the league's growth rate at that time, with

the players' share set at a lower rate if business is booming, according to Fehr.

Bettman said the union's offer represented "very little movement, if any," which prompted him to draft a new deal on the fly with Boston Bruins owner Jeremy Jacobs and Calgary Flames owner Murray Edwards.

Perhaps the most telling sign about the negotiations is the fact the sides are still working off different models with only days remaining before the NHL's fourth work stoppage in 20 years. To make matters worse, they're currently only tackling the league's economic model, leaving such potentially contentious issues as revenue sharing, contract length and discipline to be worked out later. **THE CANADIAN PRESS**

NHL. Luongo 'OK' with reporting to Canucks' training camp



Roberto Luongo GETTY IMAGES FILE

Roberto Luongo was happy being a Vancouver Canuck — at least for one day.

The veteran goaltender has been in limbo since the end of last season, when he lost the starting job in Vancouver to Cory Schneider and said he would waive his no-trade clause if the Canucks could work out a deal to send him to an approved destination.

But Luongo was at a Canucks charity golf tournament on Wednesday, and he said he would have no trouble playing alongside his friend Schneider again and will attend Vancouver's training camp, if neces-

Quoted

"Whatever the future holds is going to be fine with me."

Roberto Luongo

sary.

"Two months ago, after what had happened, and Schneids had just signed, I didn't really see myself being here for training camp," Luongo said. "But I realized once we got into August, that that was a possibility, and that I was OK with that."

He showed he was OK by participating in the Canucks' annual event, golfing with teammates and team staff at Northview Golf Course.

"The fact that I have a lot of good friends on the team, in the staff and the coaching staff and the organization, makes it a lot easier for me to be here," he said. "That's why I'm here today, and I didn't really hesitate in deciding whether I should come or not."

Under collective bargaining rules, Luongo must be traded before Saturday's NHL lockout deadline or wait until the labour dispute is resolved.

Luongo was displaced by Schneider as Vancouver's starting goaltender in the first round of the Stanley Cup playoffs as they bowed out 4-1 to the eventual champion Los Angeles Kings. The Canucks subsequently signed Schneider to a new three-year, \$12-million US contract.

The former Vezina Trophy winner, who still has 10 years left on his 12-year, \$64-million contract, said the Canucks have not asked him to submit a list of preferred teams, and he will wait until general manager Mike Gillis has a deal for him to consider. **THE CANADIAN PRESS**

4 SPORTS

Mobile sports



Qrikel

Tim Tebow's debut with the New York Jets was a dud, but a sprinkling of the backup QB and the wildcat package was more than enough against the Bills. Now the Jets have to decide whether to give Tebow more snaps or fewer against the Steelers in Week 2.

Horoscopes

Aries

March 21 - April 20
You are confused which direction to take. It's not like you to be so undecided but for now, the only safe decision is to make no decision at all until the early part of next week. What's the rush?

Taurus

April 21 - May 21
Try not to let your anxieties get out of hand today because it could have a knock-on effect on your physical health. Experience should have taught you by now that the worst rarely happens, so strive to be positive.

Gemini

May 22 - June 21
Try not to be sentimental about people or possessions. Gemini is ruled by mind planet Mercury, so you should find it easy enough to be logical. Use your head today. It could save you a lot of unnecessary torment.

Cancer

June 22 - July 23
You may have to deal with someone whose opinions you dislike but chances are you will need their support in the very near future, so hold your tongue and get on with it. It can still be a good working partnership.

Leo

July 24 - Aug. 23
Speak up and let others know what you think. You could, of course, stay quiet and enjoy an easy life. But that has never been your way — nor should it be when there is so much at stake.

Virgo

Aug. 24 - Sept. 23
Certain people seem to be dragging their feet and almost daring you to do something about it. You don't have to put up with this kind of behaviour. If they're going to drag their feet, you've got an excuse to stamp yours.

Libra

Sept. 24 - Oct. 23
A partnership issue will come to a head over the next 24 hours and you will have no option but to deal with it quickly. A clean break now may be preferable to a messy one later on. Give it some thought.

Scorpio

Oct. 24 - Nov. 22
You may be a bit behind in your schedule but there is no need to panic. The planets indicate you will get to catch up next week. In the meantime, relax and focus more on things you enjoy.

Sagittarius

Nov. 23 - Dec. 21
Someone is not giving you enough for your money. Let them know you won't put up with such poor service. If you don't, the situation will continue. Throw off the nice guy image and get angry.

Capricorn

Dec. 22 - Jan. 20
You're in a good mood at the moment but it could be spoiled by someone who seems to believe you owe them a living. You don't owe them anything. In fact, they owe you so don't let them drag you down.

Aquarius

Jan. 21 - Feb. 19
Your sixth sense is telling you that what you are being told by a friend is not to be trusted. Thank them for their advice then do the opposite of what they suggest. It could save you money — and your reputation.

Pisces

Feb. 20 - March 20
You are somewhat impulsive, which could cause problems with money. You should know by now that few things in life truly come for free, so make sure you know what the real cost is going to be.
SALLY BROMPTON

Crossword: Is a Puzzlement

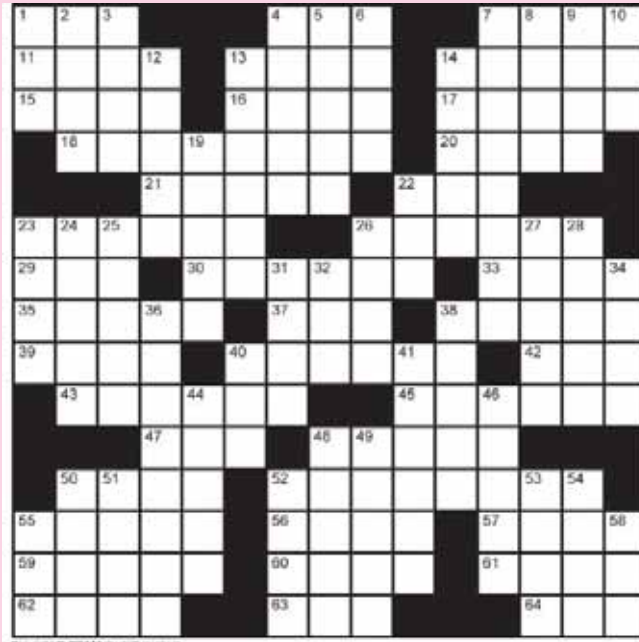
Across

1. Miami's state: abbr.
4. PC maker
7. Sunbathing goal (2 wds.)
11. Points a gun
13. Norway's capital
14. NWT's Great ___ Lake
15. The Queen, or the ship named for her, in short (2 wds.); initialism?)
16. Begin to melt
17. Ontario-born Mandel of Deal or No Deal
18. Ontario NHL team
20. Baseball stat
21. Decrease in intensity
22. The Simpsons bartender
23. Critic's write-up
26. Prime Minister Pearson
29. Tic-___-toe
30. Cultural no-nos
33. Stumble
35. Set of cultural values
37. ___ Jima: 1940s Pacific battle site
38. ___ hasty retreat: flee (2 wds.)
39. Cut
40. Shopping ___: mall
42. Repair tears
43. Chooses to get e-mail, maybe (2 wds.)
45. Entrance's opposite
47. Island: Fr.
48. "Gosh, you shouldn't've" (2 wds.)
50. Obtained: Fr.
52. East Coast's ___ Provinces
55. Prime Minister St. Laurent
56. ___ Brockovich
57. Cashmere source

59. Afternoon talk show host Winfrey
60. A very small quantity (9th Greek letter)
61. ___ Scotia
62. ___ sign: advertising medium
63. 180° from SSW
64. Tyrannosaurus ___

Down

1. Help page feature: initialism
2. Fibs
3. French friend
4. "___ the Sheriff" (2 wds.)
5. Sound loud
6. Cuts grass
7. Member of a Montréal CFL team
8. "I ___ I taw a pudgy tat!" : Tweety
9. Hertz rival
10. "Her maiden name was ..."
12. Commandments Mount
13. Home of 18-Across
14. Chases away, as an animal
19. Aids a criminal
22. "___ amis": start of a French speech
23. These are found on road maps: abbr.
24. "Jack Sprat could ___ fat ..." (2 wds.)
25. ___ : blocker of offensive TV material
26. What a bank robber gets away with



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27. Wipe out
28. Religious ceremonies
31. "Très ___"
32. Possess
34. Grizzlies have them
36. Glasses expert
38. Reproduce, biblically
40. Co. in Québec
41. Provincial capital whose name comes from a queen
44. Half-melted snow
46. What 15-Across does
48. Moses's brother
49. Communicate by letter
50. Climber's cord
51. 100 cents, overseas
52. "Deal ___": "I want a hand" (2 wds.)
53. Boggy area
54. Roof overhang
55. Horror film star Chaney Jr. or Sr.
58. GST or PST

Yesterday's Crossword



What's online

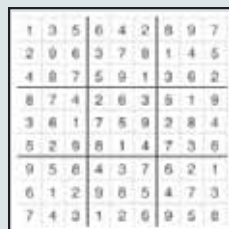
See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



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Friday

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